

Be Aware...



...Not all abuse is physical!

- She hasn't hung out with her friends in 4 months
- She quit the volleyball team.
- She decided not to go to the college of her choice to stay home with her boyfriend.
- She only goes places her boyfriend says she can go.

If a boyfriend or girlfriend insults, humiliates, swears at you or keeps you from your friends, you could be experiencing emotional abuse. Threats of violence are also abusive and should be taken seriously.

Be Aware... (cont.)

There is a limit to unlimited texting!

- 30% of teens said that they have been texted messaged or E-mailed 10-30 times an hour by a boyfriend/girlfriend wanting to check up on them. (*Liz Claiborne, Inc. TRU 2006*)
- 19% said that their partner spread rumors about them using a cell phone, E-mail, IM, text, Web chat, blog or networking site like MySpace or Facebook. (*Liz Claiborne, Inc. TRU 2006*)
- Don't respond to abusive or inappropriate comments. It won't make the person stop and it has the potential to create more problems.
- Keep all records of abusive messages and past texts in the event a police report is necessary.

E-mails and IMs can be controlling!

- Don't say or do anything you would not do in person.
- Don't give your boyfriend/girlfriend your passwords.
- Don't use any form of technology to confront your boyfriend/girlfriend when coming out of a dangerous relationship.
- Choose passwords that are hard to guess and change them often.
- Change your E-mail addresses or cell phone numbers if the harassment does not stop.
- Don't put things on-line about yourself that you don't want people knowing. Things like school activities and photos make it easier for you to be tracked.
- Avoid chatroom discussions about your relationship. You may not think your boyfriend/girlfriend is in a chatroom, but remember - people are not always who they seem to be.

**For more information on Internet safety, please visit:
www.safeteens.com and www.netsmartz.org**

